

SIGNS & CRIMES



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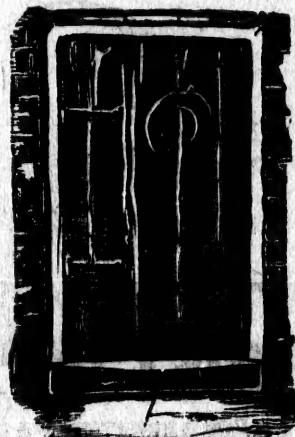
The Book of Signs and Omens: or How to Avoid Ill-Luck.

WEDDING WARNINGS



(Don't look at yourself in your
bridal dress by candle-light.)

Married in white,
You have chosen all right;
Married in grey,
You will go far away;
Married in black,
You will wish yourself back;
Married in red,
You will wish yourself dead;
Married in green,
Ashamed to be seen;
Married in blue,
He will always be true;
Married in pearl,
You will live in a whirl;
Married in yellow,
Ashamed of your fellow;
Married in brown;
You will live out of town;
Married in pink;
Your spirit will sink.



(A found horse-shoe nailed
on the door.)

Bridal Dress.—Don't look at yourself in your bridal dress by candle-light before the wedding morn or you are sure to have ill-luck.

A Found Horse-Shoe nailed on the door points outward, will ward off ill-luck.

Marriage Day.—It is well known that May is an unlucky month for marriages, and that while a wet day is unfortunate for such an event, "Happy is the bride whom the sun shines on." The color of the dress worn by the bride at a wedding is also an important matter, as the above lines will show.

Brooches.—In the matter of brooches, hair-dresses, etc., there is room for selection, certain gems, if happiness is to follow, being selected for certain days.

Days for Jewellery.—All yellow gems and gold jewellery should be worn on Sunday to draw down the blessing of the spirits on that day through its ruler and name giver, the sun.

Pearls and white stones, except diamonds, should be worn on Monday, because that is the day of the moon or the second power in Nature.

Tuesday is the day for rubies and stones of a fiery lustre.

Wednesday is the day for turquoises, sapphires and all precious stones which seem to reflect the blue of the sky.

Thursday is the day for amethysts.

Friday is the day of Venus, and emeralds and all green stones and gems are suitable.

Saturday, or Saturn's day, claims for its tailman the diamond, and these stones should on this day be worn.

IS WHITE AN UNLUCKY COLOR?

Notwithstanding the line quoted "Married in white you have chosen all right," there is a belief in some quarters that white is an unlucky color. Indeed one writer has even suggested a variation of the name of King Edward VII. on the very ground, Albert meaning "White."

The White Lady.—The White Lady of Berlin is said to be the evil genius of the Hohenzollern family, and is supposed to be seen by some person of the palace before some disaster to a member of the royal house. The Irish have a name for this supernatural appearance, in "Banshee," or Speaker of Fate.

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There is an animal in Australia which has the head and feet of a bird, the body and four legs of a quadruped, and the habits of a fish. It lives under water, yet breathes air. It lays eggs, yet it suckles its young. Scientists call it the duck-billed platypus.

It was in the wonderful country which claims this strange paradox, that Bileans for biliousness were first produced. Up to the discovery of Bileans, practically all liver and stomach disorders contained mercury, bismuth and other mineral poisons. These harmful ingredients, if taken for long, have such serious effects as loosening the teeth, causing the hair to fall out or become prematurely gray, etc. Bileans, on the contrary, are purely vegetable. They contain no trace of any mineral poison, and are thus not only more powerful as a cure, but are more safe in their use. They cure stomach and liver disorders without introducing other evils. So powerful are they in operation that they eradicate the causes of the ailments they are compounded to combat, and yet they are so mild that they are suitable to the most delicate constitution.

Not only are Bileans superior by virtue of their vegetable nature, but being the product of modern scientific research, Bileans are thoroughly up-to-date. They do not merely purge, giving temporary relief only, and leaving the patient weakened like the out-of-date so-called remedies of forty or fifty years ago, which, as already stated, contain aloes, mercury, and other harmful drugs. Bileans, without the slightest discomfort, prompt the liver and digestive organs to act in nature's normal way, leaving those organs strengthened and stimulated to continue the performance of their duties without further assistance. They produce a gentle

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Signs and Omens.

HAPPENINGS IN THE HOME.

Shaving Paper.—To throw away shaving paper after using it instead of burning it is a sign of coming wealth.

Knives Falling.—If a knife drops off the table and falls on its back, it is a sign of a wedding.

Vinegar.—To spill vinegar on the floor is a sign you will be rich.

Cutting Dough.—When working in pastry, avoid cutting the dough with a knife or you will never be rich.

Coal Flying from Fire.—A coal flying out of the fire in the shape of a purse, predicts a sudden acquisition of riches.

Falling Glass.—If a glass falls in your presence and is not broken, great success awaits you.

To Bring Success.—The water from a barrel of small mackerel, sprinkled around the doorstep of a business place, brings plenty and prosperity.

Door Key.—If the door key persists in getting rusty, some friend is laying up money for you.

New Linen.—Never mark your linen, or anything to be used in married life, with the initials of your fiancée, as you may never have occasion to use the initials if you do.

Starting Housekeeping.—A young couple starting housekeeping should have an old chair to bring good luck.

Sewing Ends Together.—If when sewing you make a ring (sew two ends together in a circle), there will be a wedding in the family inside of a year.

Candle Snuffing.—To snuff out a candle accidentally is a sign of marriage.

Nine at Table.—Nine persons at the table is a lucky number, and one of the nine will soon be married.

Sparks on Carpet.—For sparks to burn the carpet is a sign of a wedding or birth.

If Broom Goes over your Feet.—If anyone is sweeping a room in which you are sitting or standing, and the sweeper should accidentally pass the broom across your feet, it is a sign that you will not be married that year.

Iron Holders.—The number of iron-holders given you when you are married, denotes the number of boys you will have born to you.

QUARRELS AND BAD LUCK.

Umbrellas Indoors.—Don't put up an umbrella in the house or you will surely quarrel with someone of your own family.

Spilled Pepper.—To spill pepper is a sign of a fight.

Door Knob as a Peg.—It signifies bad luck to hang a garment on the door knob.

Umbrella and Bed.—Laying an umbrella on the bed is a sign you will quarrel with a friend.

Food Chopped with a Knife.—Don't chop up food in a pot with a knife, it may bring on a dispute in the house.

Breaking a Rake.—To break a rake denotes strife.

Spilling Oil.—It is very unlucky for a lady when filling a lamp to spill the oil. She will fall out with someone.

Throwing Out Water.—Avoid throwing water out of a window or you will have cause to weep.

Piano Stool.—To sit on a piano stool and turn it round as if nervous is a sign of a quarrel.

Luck at Cards.—Don't sit against the grain of the table at cards or you will have ill-luck.

A Fallen Comb.—It is a sign of disappointment to let a comb drop, but it can be counteracted by stepping on the comb before picking it up.

Clock runs down.—When a clock gives a whirring noise, and then suddenly stops, it is supposed to foretell evil.

Lead Pencil Breaks.—To break the point off a lead pencil when writing is a sign of bad news.

Soap.—Don't take a piece of soap from a friend's hands. It is a sign of a quarrel between you.

Broken Scissors.—When one breaks a pair of shears or scissors, it is a sure sign of a divorce in the family.

Open Scissors.—If you find the scissors lying open, close same at once if you do not want trouble that day.

When Removing.—To sprinkle a house with salt when you move in removes the influence of former tenants.

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action of the bowels, curing or preventing constipation, cleansing the stomach and ridding the system of all impurities.

Reports from all parts of Canada show how effective are Bileans when applied to all symptoms arising out of liver and stomach disorders.

Mr. Stanley Richardson, of Main St., Galt, says:—"Having used Bileans both here and in England I can speak with perfect confidence of them as a splendid remedy for all stomach troubles, etc. I shall be pleased to recommend them at all times."

Miss Marie Brewer, a certificated nurse, writing from Spennymoor, says:—"I have for a long time now recommended Bileans, having proved them most valuable. I am a trained certificated nurse, and have suffered a great deal with headache and biliousness. I could not get relief from doctors' medicine and was advised to try Bileans. I did so, and with most beneficial result. I always keep Bileans in the house, and am continually recommending them in cases of stomach disorders, headaches, indigestion, constipation and various other complaints."

In all quarters where they have been tried Bileans are spoken of in similar high terms. They are a certain cure for headache, constipation, piles, liver trouble, indigestion and all digestive disorders, female ailments, skin eruptions, biliousness, sick headache, bad taste in the mouth, foul breath, dizziness, fainting, buzzing noises in the head, feelings of uncomfortable fullness even after a light meal, wind pains, anæmia, debility, etc. They improve the general circulation, and are a boon to pale-faced girls and weak women. For all purposes to which a household remedy is put Bileans will be found of excellent service.

Bileans are obtainable from all druggists and stores, at fifty cents per box, or direct from the Bilean Co., Colborne St., Toronto, upon receipt of price. To obtain a free sample box see instructions printed on inside of front cover of this booklet.

Ministers and Doctors Praise Bileans.

PROOF SEEN IN THE HOME OF HOW SUPERIOR THIS VEGETABLE REMEDY IS.

AS the proof of the pudding is in the eating, so the proof of a household remedy's value is to be found in the homes of the people. Visit the homes where, year in and year out, Bileans are applied to the many ailments which from time to time arise, and ask what

the effect of their application is. Ask amongst your friends for evidence of the beneficial effects of Bileans and ask yourself this—Have they any interest in Bileans which would prompt them to prefer Bileans if they were not superior? Of course they have not! Doctors, sick-visitors, nurses, ministers of the gospel—all join in advancing the claims of Bileans simply because time and again they have seen unquestionable evidences of their value. The words of a prominent Birmingham pastor, the Rev. H. Minten-Senhouse, of St. Cuthbert's, are eloquent testimony in this connection. He writes:—"I have derived so much benefit from Bileans, and have known so many cures wrought by them, that I feel I ought to testify to their worth.

For several years I suffered from sick headaches and biliousness. One afternoon I was feeling so ill from these ailments that my looks were noticed by several people I visited. At two houses I heard of how Bileans had effected cures in cases similar to my own. In one case the man had been unable to work for some time; had tried various remedies in vain, and had been cured ultimately by Bileans. I resolved to try this remedy. At the end of a week I was feeling better, and after a short course of the Bileans I found myself quite cured. Now I am never without this remedy in the house.

In the interests of other sufferers you have my permission to publish this letter.

Faithfully yours,

(Signed) H. MINTON-SENHOUSE.

Vicar of St. Cuthbert's, Birmingham."



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Signs and Omens.

HAPPENINGS AT TABLE.

Overturning a Spoon Holder.—To tip over a spoon holder is a sign of a christening.

Dropping a Table Spoon.—To drop a table spoon is a sign of a removal.

Bread Dropped into Tea.—If you accidentally drop a piece of bread into a cup of tea, it is a sign that you will receive a letter.

When to Wish.—If you accidentally drop a knife or fork, or a pair of scissors, or a pin or needle, and the object dropped sticks straight up on the floor, make a good wish and it will surely come true.

When Out to Dinner.—In taking dinner at the house of a friend, always leave a morsel on the plate at the end of a meal, for by so doing you will soon be asked to dine there again.

A Torn Serviette.—To get a torn napkin at table foretells a fortunate journey.

The Last Piece of Cake.—The one who is asked to have the last piece of pie on the plate will have a handsome husband or wife.

Arrival of Guests.—If you wish to hasten the arrival of the party whom you have invited to a meal put the meal on the table.

Meal Time Plans.—It is unlucky to lay plans during a meal; they will not succeed.

Raising Empty Glass.—To raise an empty glass to the lips brings unexpected news.

Eating Salt.—Call no person a friend with whom you have not eaten salt at least three times.

Glass too Full.—If you are in the habit of filling your glass to overflowing with water or any liquid, you will marry an intemperate person.

Falling Cup.—If a cup falls from your hand and does not break, you will be asked to witness a stranger's wedding.

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"AILING FOR YEARS"

TRIALS OF WEARY, WORN-OUT WOMEN.

**Bileans Banish Headache and Debility, and Restore Health and Energy—
Proof in Manitoba.**

HOW many women are to-day bravely toiling on in face of sickness and depression? Through confinement indoors, hard work, lack of fresh air, and the debilitating effect of the weather, the system becomes "run down." This results in impaired digestion, stomach troubles, headache, biliousness, and loss of appetite, with perhaps vomiting and sensations of listlessness. To arrest and cure this "jaded" condition, the system should be "re-toned" by taking a thorough course of Bileans. Being purely vegetable, they assist assimilation and digestion, thus restoring the natural vigor, and then the "jaded" feeling disappears.



A typical instance of the great amount of good which is being derived daily by persons in this condition from the use of Bileans is furnished in the case of Mrs. J. Witfield of Swan Lake, Manitoba. She says:—"I had been ailing for years when Bileans were brought to my notice. At that time I was so bad that I could not describe my feelings. I could not eat, my liver was disordered. I had a pain in my side, and was unable to obtain any really refreshing sleep. My kidneys were also disordered, and I was quite jaded and run down. Three boxes of Bileans made a wonderful difference in me and I am glad I heard of this fine medicine."

Rheumatism.

THERE are thousands of people in Canada who every year suffer agonies unspeakable from rheumatism. The most effective means of preventing the inroad of rheumatism, and of driving out the painful disease wherever it has taken a hold, has been proved beyond question to be a course of Bileans. How this wonderful medicine acts in such cases is clearly indicated by the hundreds of voluntary letters of thanks sent to the firm. Of these the statement of Mrs. Selina Davis, of 214 Oak Street, Abingdon, is a fair specimen.



Mrs. Davis, in the course of an interview with a reporter of the Abingdon Herald, said:—

"I am forty years of age. I began to suffer from rheumatism about three years ago. I had pains across the back, weighing down symptoms and great weariness, not constantly present, but intermittent. These sensations became gradually more constant and harder to bear, until I had scarcely power to crawl about, and I was obliged to give up the occasional

work I had as a laundry woman. Two years ago the pains in the back and about the loins became almost unbearable. This condition continued, and so worked upon me that last year I was completely laid up. I went to a doctor, who gave me medicines. These did me no good. I then tried various pills and physics, and still found no relief. Eventually I was rendered completely helpless by acute rheumatism. By the doctor's advice I went into the Cottage Hospital, where I remained under treatment for nine weeks. On returning I was confined to my bed again for seven weeks. About this time I read in Lloyd's News a description of the good work Bileans were doing. This induced me to obtain a supply. By following the directions given for their use I improved in health from day to day. After a little while I regained the use of my limbs, and after that my progress was rapid. For some months now I have been able to resume my ordinary life and work, and am altogether a different person from what I was during the last few years. A course of Bileans, and Bileans alone, cured me. The rheumatism and all attendant sufferings have left me, and I can never be too grateful for what Bileans have done for me."

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INTERESTING EXPERIENCE OF A GUERNSEY MAN.

OUTDOOR workers generally and farmers in particular are prone to the evils arising from wet feet and chills. To have to stand on wet ground when heated by action, subject to a piercing cold wind often brings on serious consequences in the form of chill, rheumatism, etc. This was the experience of Mr. Michael Greville, of Guernsey. He says:—"I caught a severe chill which brought on rheumatism. It seemed to weaken my whole system, and indigestion, fits of weakness and other bad symptoms followed. The attacks of rheumatism were frequent and severe. While they continued I was unable to attend to business or do work of any kind. The aching was all over my body and I was so racked with pain that any movement, painful at all times, was impossible while the attacks were upon me.

"To add to my misery indigestion troubled me to such a degree I was forced to avoid eating anything that was likely to disagree with my stomach in its weak state. For years I could not eat meat of any kind, and I had to refuse most kinds of food. Doctors attended me—several at various times—but they brought me no relief. They gave me great quantities of medicine which did me no good. I had no hopes of being cured at this time, but naturally still sought relief. For that reason I turned my thoughts to Bileans for biliousness, having seen advertisements of cures they had effected. A friend recommended them to me and his experience confirming what I had read, induced me to try them. I began taking them and soon noticed an improvement in my health. The indigestion began to leave me, and while the lightest food made me ill before I started taking Bileans I now ventured to eat other dishes without ill effects. After abstaining from meat for years I was able to enjoy a cut of roast beef. I had been on a liquid diet, but this no longer satisfied me, for I craved other food and found I could eat it with pleasure and in comfort. I began to feel strong and actually started to put on flesh. By degrees the rheumatic pains and aches became less violent and at length left me altogether. I am now perfectly cured, a fact that is proved by the duration of the cure. Throughout the past two years I have been perfectly well and strong."

Biliousness and How to Cure It.

A more common or annoying complaint than biliousness it is hard to find. It prohibits the sufferer from doing work of any kind, holding a conversation, or even resting quietly; not only this, but the nausea is most disagreeable, and the taste and breath are exceedingly offensive. It is an ailment caused by a surcharge of bile becoming stagnant in the stomach, and is generally accompanied by indigestion and constipation, vomiting, and a yellow appearance of the complexion. Dizziness and violent headaches are usual symptoms. The bile is the natural purgative of the body, and is secreted by the liver; if it fails to flow in its usual channels, or to perform its usual duties, the liver is responsible. A remedy should be applied at once that will act in an efficient manner, and the remedy to take is Bileans, which are compounded expressly for ailments of this sort. They are so prepared that they act directly on the liver, helping it to help itself, and enabling it to secrete enough bile to flush the bowels thoroughly, and thus clear off all waste and offensive matter from the system.

Have You Heartburn?

"Sour Stomach" or heartburn is another name for acid dyspepsia. It is caused by weakness of the stomach, which, instead of promptly digesting and disposing of the food, allows it to lie on the stomach for hours, fermenting, giving rise to foul gases, and a feeling of flatulence, dullness, etc. This disordered condition of the stomach cannot continue long without deranging the nervous system, the heart, kidneys, liver, or lungs. Another result of this condition is that the blood becomes thin and impure, and anaemia and debility follow. Now, Bileans correct the digestive system in a purely natural way, and remove not only the results of heartburn, but quickly rid the sufferer of this most unpleasant ailment.

Dyspepsia

Dyspepsia is another name for indigestion. The human stomach is one of the most marvelous organs in the world. Indeed if an engine could be made of the same size which would do the same amount of work its production would be looked upon as a miracle. Yet as long as the stomach goes on doing its marvelous work every day without causing you pain you rarely think of its wonderful work. Just bear in mind what it does for you. Amongst other offices it has to daily:—

Turn six to ten pounds of solid food into a semi-liquid state.

Digest that amount, turning it into a form from which it may be made into bone, muscle, or other tissues.

Make its own supply of gastric juice to digest with—ten to twenty pints per day.

Keep up an internal heat of 100 degrees (F.).

Every time cold fluids are drunk this temperature is reduced, and must be brought up again before the work can go on.

All this work must be done despite adverse conditions. The temperature of ice cream is about 30 degrees. Think of the shock the stomach working at 100 degrees has to get over when ice cream is taken. Yet it recovers itself and goes on with its work. Once it is deranged, however, it throws all the other organs out of order. Hence the importance of applying Bileans as a corrective of stomach disorders immediately they are experienced.

A FARMER'S SUFFERING RELIEVED.

Had Pain after Food, Wind and Acute Pain when He Stooped.



Bileans by their gentle tonic action on the stomach and intestines are a sure cure for dyspepsia and all digestive disorders. The case of Mr. Thos. J. Richardson, farmer, of Grandsen, is an example of their power. He says:—"For many months I had indigestion and endured a great deal of pain. No matter what kind of food I took it seemed to cause wind and give rise to agony. This sort of experience, so long continued, brought on very depressed feelings. My strength failed and altogether I was reduced to a very low and weak state. I had great difficulty in doing my work on the farm. When I stooped I hardly knew how to raise myself, the pain was so acute.

All the remedies I tried proved useless until one day I saw a report about Bileans and their value to sufferers from digestive disorders. After thinking the matter over a bit, I decided to send for a box. To my great delight before I had finished the first box I felt a great deal better, so I determined to persevere, and after taking several boxes the pain left me entirely. Now I feel as well as I ever did in my life. Bileans were solely responsible for my cure, for I have taken no other medicine."

Signs and Omens.

Spilled Milk.—If milk is spilled on the table, it means the baptism of a child in the year.

Cutting Bread.—If you cut bread at table, and cut one slice too many, it is a sign a guest is coming.

On Removing.—When you move into a strange house, throw in the broom first, it will keep away slander.

Stove Lid.—If the lid of your stove falls on the floor you are going to receive undeserved scandal.

Kettle Steam.—If the steam of the tea kettle issues from the spout in short spurts you will hear good news.

Ironing.—When ironing clothes, should the iron tilt over and burn your hand, you are about to meet with many crosses and losses.

Washing Up.—In washing dishes, if you forget an article, it is a sign you will hear of a wedding.

Red Hot Stove.—It is a sign of a quarrel to allow a cooking stove to get red hot on top.

Custard Pie.—If, when taking a custard pie out of the oven, it should fall on the floor, upside down, it is a sign someone will die and leave you a fortune.

Kneading Dough.—If a maid who is kneading dough, clutch at a lad's face, he'll never grow a beard.

(Continued on page 15.)

DO YOU SHIVER?

DO you shiver when the slightest breeze blows? Are your feet always cold? Do you find your hands clammy and have you a difficulty in keeping up circulation? Are you subject to chills—get cold if you sit a few minutes in a draught?

These symptoms are proof of the fact that your blood is not in the condition it should be. When the blood is thin and lacking in red corpuscles this weak, anemic state results.

The warmth of the body is due to the oxygen carried by the red corpuscles which in a way "burns up" certain tissue of the body and provides the necessary heat. Now if the red corpuscles are too few, or are deficient in quality this warming process cannot be carried on sufficiently. The quantity and quality of the red corpuscles depends primarily upon the perfection or imperfection of nourishment taken and the way in which it is disposed of. If your digestive apparatus is weak the food taken cannot be turned into its proper form.

Now it is in this connection that Bileans are so very useful. They do not merely digest the food. Their action is on the muscles and nerves and coating tissue of the stomach and digestive organs. These they strengthen and tone up so that the work of digestion can be thoroughly accomplished.

A disabled engine may be pulled along by another engine. So digestion may be "forced" by medicines. Ordinary medicines work in this way. Bileans, on the contrary, tone up the digestive organs to do their own work. In this sense they are like the engineer who repairs the broken engine and thus enables it to proceed by its own force instead of being forced along by another. Bileans strengthen organs and enable them to do their own work.

Dangers of Skating and Sleighing.

THE dangers of skating and sleighing in Canada lie where they are least expected. Not one in a thousand skaters ever sustains a broken limb or a serious bruise but hundreds—ladies in particular—get overheated, sit down to rest, and in so doing catch a chill which brings on more or less serious consequences. This liability to chill is reduced to the minimum if the organs of the body are all toned up to full healthy vigor by occasional use of Bileans. This vegetable remedy prevents constipation—that great source of sluggishness and energy-loss—purifies the blood and puts the whole body in that pink of perfection that is so splendid to see and still more splendid to enjoy. Everybody envies the girl who has the rose-blush of health on her cheeks and who comes in from outdoor exercise rosy and vigorous instead of pale and fagged! Bileans put roses on the cheeks and spring in the step.

Bileans Suit Children.

All mothers will be glad to know that Bileans are so mild in their operation that they are quite suited to the needs of the nursery. For heat-spots, scurf, eruptions, for loss of appetite—and when a child can't eat depend upon it something is seriously wrong—for sleeplessness and for the many other little ailments and disorders to which children are particularly subject, Bileans will be found of great use and benefit. Full directions are given with each box and given in suitable doses Bileans will be found the finest and handiest nursery medicine. Bileans being gelatine coated are so easy to take. Moreover if the child cannot swallow the medicine in its solid form Bileans may be dissolved in any convenient liquid and so administered, save mother and nurse much trouble and do the maximum of good.

Female Ailments and Irregularities.

Numbers of things in the physical make-up of the female differ so materially from those of the male that they require cures peculiar to themselves. Woman is the "weaker vessel," and many of the female organs are so delicate that they need a great deal of care. While there are many ailments peculiar to women about which a physician must be consulted, it is not always pleasant to be obliged to go to a doctor about every little ill that assails one's good health, nor is it necessary. There are many things a woman can do for herself, and a little care and attention on her part will often save big doctor's bills, and great trouble from derangement of the organs.

A gradual losing of flesh is often the first sign that the functional secretions are not going on regularly. Then follows a melancholy, disheartened feeling, which may be a symptom of leucorrhoea (whites), profuse menstruation, a suppression of the menses, colorless discharges, green sickness, or uterine tumors. The eyes become yellow and inflamed, and the complexion sallow, the face being sometimes covered with black specks. In cases of this kind, every effort should be made to obtain regularity of action in all the organs, and the diet should be looked after. Bileans for biliousness will be found a valued remedy. They will correct and cure, thereby saving the expense and inconvenience of having to consult a medical man.

Mrs. Hannah Gill, of Park Gate Farm, Emely, near Wakefield, says:—"For some six or seven years I was ailing, having arrived at the critical period known as 'the change of life.' At times I was so ill that I could neither eat nor drink, work nor sleep. My flesh and my bones seemed to ache all over, my memory left me, and I used to wander around like one lost. I was also greatly troubled with costiveness, and my food seemed to do me no good. I used to fancy I could eat all sorts of things, but when I got them I could never enjoy them. I was also subject to terrible sweats, although all the time I was shivering and starving. One day my sister advised me to try Bileans. I did so, and began mending straight off. I also began to sleep. Altogether I recovered quickly. I continued taking a couple of Bileans every night for some time longer, until I was quite well again."

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Signs and Omens.

Strong Tea.—To make tea too strong is a sign you will make friends.

Weak Tea.—If you make it too weak then you will lose friends.

Burnt Bread.—If you burn bread while cooking someone is angry with you.

Salt Seasoning.—When seasoning with salt, always take a little more than you need and put the rest back, so you will never want.

Opening Canned Fruit.—If while opening a can of fruit or any similar thing, the juice should happen to spurt up in the operator's face, it is a sign of some coming good.

Burning Bread.—When bread, cake, or pie will burn in spite of you, your husband or lover is angry.

Cork Jumping Out of Bottle.—If a cork pops out of a bottle suddenly, you have an unknown enemy.

Making Bread.—If you sing while making bread, you will cry before it is eaten.

Apron Strings.—If your apron becomes untied it is an indication that somebody is speaking of you.

Spilled Water.—If a young girl spills water while putting it into any vessel, or while carrying it, it is a sign her lover is drinking to her health.

Boiling Soup.—When soup continues to boil after it has been removed from the fire, the cook will live to a good old age.

Making Coffee.—To forget to put coffee in the coffee pot is the sign of a coming gift.

ABOUT VISITORS

Salt on the Floor.—If you are pestered by visitors whom you wish never to see again, sprinkle salt on the floor after they leave and sweep it out by the door they pass through.

Kettle Spout Backwards.—To accidentally place the tea-kettle on the stove with the spout towards the back, is a sign of company.

Burning Coal.—If a coal of fire falls on the floor, it is a sign a stranger is coming to see you.

Broom Left in Corner.—If, after sweeping a room, the broom is accidentally left in a corner, strangers will visit the house that day.

When Awakened.—When you are sleeping and somebody comes, and your drowsiness at once is gone, the person that came will be rich before long.

(Continued on page 19.)

Flatulence and Dizziness.

Flatulence and dizziness are caused in the first place by weakness of the stomach, which instead of promptly digesting and disposing of the food, allows it to ferment, giving rise to foul gases, a feeling of flatulence, dullness and dizziness. This disordered condition of the stomach cannot continue long without deranging the nervous system, the heart, kidneys, liver, or lungs. Another result of this condition is that the blood becomes thin and impure, anemia and debility follow. Now Bileans correct the digestive system in a purely natural way, and remove not only flatulence and dizziness, but their root causes of these ailments.

Pimples and Skin Eruptions.

These mean that the blood is loaded with impurities which require to be expelled. They are on the surface, but they show the state of affairs under the surface. Bileans purify the blood and also purify those sources of impurity—the digestive system and liver.

Miss Annie Harriet Gould, of Stoke, Newington, says:—"I had nasty pimples and blotches all over my face and body, and I could not get rid of them. My blood was quite out of order, and as I gradually got worse I came to be in a very bad state indeed. All day I felt tired, couldn't rouse myself to make any effort, had constant headache, and felt altogether wretched. I began to try Bileans, and within a few days they made an astonishing difference in me. My headache ceased, I grew stronger, brightened up, and the pimples and blotches disappeared entirely. They have never returned, and my skin is now as clear as can be!"

A MODERN MIRACLE.

MOTHER, SON AND DAUGHTER OWE THEIR HEALTH TO BILEANS.

Biliousness, Indigestion, Debility and Skin Eruptions Cured.

FACTS SWORN BEFORE A COMMISSIONER FOR OATH.

EVERY man and woman throughout Canada who suffers from biliousness, skin eruptions, indigestion, liver disorder, or any ailment arising therefrom should read this case carefully from beginning to end.

It proves that these ailments cannot resist the power of Bileans. It proves that, although these ailments, or any of them, may have persisted for years and may have withstood every other remedy, if Bileans have not been tried, means of relief is still neglected. Read this case and neglect no longer.



The subject of this modern miracle is Mrs. Frances Butterfield, of Victoria Road, Mexborough. She is a miner's widow. She says:—"The last fifteen months of my life of fifty years have been the only time that I can remember to have enjoyed good health and freedom from pain. From the time I was nine years old until fifteen months ago, when I was cured of indigestion and biliousness by Bileans, my life was one of almost continuous illness.

Mrs. Butterfield Took Oath on These Facts.

"When I was a girl at home—even before I was ten years old—I can remember crying out:—'Oh, mother, I have such a pain in my chest, right through to my back.' I remember my

words so well because they so fully describe my exact feeling—not only in my childhood, but at intervals all through my life. Sometimes about every third day I was prostrated with a bilious attack, and vomited green bile. This so exhausted me that I often fell down, powerless to help myself, and many a time lay exhausted.

"Years went by and I married, but on through life it was always the same. The indigestion often prevented me from eating, and the biliousness, if ever it eased off for as long as

a fortnight (which was rare), returned with increased force, and left me depressed, weak, and dizzy, and with a headache and mist before my eyes.

"My husband used sometimes to say:—'You look like death,' and I felt like it. I would be shivering, cold all over, then suddenly break out quite hot. All night long I used to have these changes from deadly cold to flushes of heat, and was so restless there was no actual sleep for me. I remember one old doctor—in whom my parents had great faith—used to say I wanted building up, and used to order me stout and new-laid eggs and milk. Eggs and milk never did for me, and I know now they were a wrong thing while I was subject to the complaint. All through the years I suffered I persevered with one remedy or another, and can safely say that in the forty years I consumed hundreds of boxes of different pills and bottles of medicine in vain.

"The effect of that lifetime of illness upon my constitution and appearance was varied. Seventeen years ago (when I was thirty-three) I became hollow-eyed, my cheek bones seemed to protrude, and my cheeks fell in. I looked older then than I do now at fifty.

"After being like that for a few years I became stout—not healthily stout, but excessively fleshy and heavy, and my color was not healthy or clear.

"Such is the truth of what I went through for forty years, as I have said. At last relief came. I found out about Bileans and gave them a trial. I knew that in a case of such long standing as my own I should need to persevere with them for some time, and I did so. After I had had a few boxes, however, I felt better, and the bilious attacks did not come upon me so frequently. Every box of Bileans did me more good, and eventually they cured me of both indigestion and biliousness. They have made a change in me so greatly for the better that my neighbors and friends are scarcely able to realize it. They are as astonished as I am thankful.

"For the last fifteen months I have not had a single bilious attack. I am free from pain at last, the objectionable fatness has diminished, and now, though fairly stout, I am only naturally so for a woman of my age, and I am active and well. I relish my meals and eat heartily. Whereas up to the time I was cured I could not bear even the sight of bacon and eggs, now nothing goes amiss with me."

HER SON AND DAUGHTER CURED

Mrs. Butterfield's son and daughter have each been wonderfully benefited by Bileans. Describing this, Mrs. Butterfield said:—"My second youngest son, Arrowsmith (16), was at one time very weakly. He couldn't eat, and became so nervous that he actually dared not go to bed in the dark, and when asleep he would perspire so much as to actually wet the bed clothes. We thought he was going off in consumption. Bileans worked wonders in him. They improved his appetite, brought back his strength, stopped the night sweats, and he is now as strong and hearty as his brothers.

"My little girl, Jane Hannah, at one time seemed to be going like her brother. She became very pale and weak; lost her appetite, and used to leave her playmates, come indoors, and sit down and mope.

"Bileans quickly pulled her up, made her full of life, lifted her into a hearty, growing girl, able to eat and romp."



CORROBORATION BY NEIGHBORS

In addition to the legal proof following, in the form of a sworn statement, several of Mrs. Butterfield's neighbors have given corroborative evidence of how Bileans have changed her from a weakly, ailing invalid to a strong, healthy woman. Below are given a few such statements:—

"Mrs. Butterfield has been known to me for some years, and has been always a great sufferer until about fifteen months ago, when her long illness was brought to a termination by Bileans. The change for the better in her during the last year or so has been remarkable.

(Signed) JOSEPH A. WARREN."

"I have known how very badly Mrs. Butterfield suffered from indigestion and biliousness for years. Having been her next-door neighbor for two years, I have seen her suffering, have seen the wonderful change in her, and have had every means of knowing that the great change for the better has come to her since she commenced taking Bileans.

(Signed) MRS. J. T. MAWSON."

A Sworn Statement.

so full of interest are the foregoing facts, and so forcibly do they illustrate the wonderful power of Bileans, that the proprietors felt desirous of having them placed before the public, backed up by the authority of the law. At their request, therefore, Mrs. Butterfield attended before a Commissioner for Oaths, and made a sworn statement. A copy of that document, now in possession of the Bilean Company, is given below:—

I, Frances Butterfield, of 34 Victoria Road, Mexborough, do solemnly and sincerely declare as follows:—

For forty years I suffered from indigestion—that is to say, from the time I was a child under ten years of age until I was well through my forty-ninth year. During nearly the whole of that time I suffered from biliousness so badly as to cause vomiting of bile at intervals usually of two or three days, and scarcely ever less frequently than once a fortnight, when I suffered so much as to be picked up from the floor, where I had repeatedly fallen through the exhaustion of vomiting. I was attended by doctors, who failed to cure me, and in the course of years I have consumed hundreds of boxes and bottles of various medicines, without effect. Fifteen months previous to this date I commenced to take Bileans. In less than three months Bileans completely cured me, and I have not had indigestion or biliousness since. My appetite has become good. I now enjoy my sleep, and excellent health. Nothing but Bileans cured me. Bileans also cured my son, Arrowsmith Butterfield, aged fifteen, of skin eruptions of the most severe character, and of nervousness and weakness, and restored him to health and strength. Bileans also restored the health of my daughter, Jane Butterfield, aged eleven.

And I make this solemn declaration, conscientiously believing the same to be true, and by virtue of the Statutory Declaration Act, 1885.

(Signed) FRANCES BUTTERFIELD.

Declared by the said Frances Butterfield at Mexborough, before me.

(Signed) FRED E. HALL,
A Commissioner to Administer Oaths.

Anaemia and Its Cure.

ARE YOU WEAK, EASILY FAGGED, OUT OF BREATH WITH THE LEAST EFFORT AND SUBJECT TO PALPITATION?

If So You Need Bileans.

Amongst women and girls anaemia is far too common. The streets of our busy towns are thronged with girls whose pale cheeks are often tinged with a sickly yellow or green, instead of with roses, and whose breath is as short as their nerves are weak and unstrung. Bileans are the ideal remedy for this disease and all its alarming symptoms. Anaemia means poverty of the blood. To improve the quality of the blood, the stomach, liver, and bowels, whence the blood derives its nourishment, must be kept in perfect condition. The blood is the channel through which the food we eat reaches all parts of the body, repairing and renewing worn-out tissue. If the blood is starved the body is starved also; and then constipation, early decline, heart disease, and consumption too often result.

Bileans cleanse and invigorate the digestive organs, and fill the blood with millions of rich red corpuscles, carrying the ruddy hue of vigorous health to pallid faces and languid limbs.

Signs and Omens.

Door Key Falling.—To drop the key out of the door is a sign of company.

Mouse Unnoticed by Cat.—If a mouse should cross your room and is unnoticed by the cat, it is a sure sign of a visit from one you love.

Overflowing Water.—If water runs over a pail or tub you are filling, it is a sign that you will be overrun with callers.

Chairs Back to Back.—If chairs are placed accidentally back to back they foretell the coming of a stranger.

Ironing Board Falls.—To let the ironing board fall means that you will have a large number of visitors.

When You Stumble.—If on going into a house you trip with your right foot, you are welcome; if your left foot you are not.

Coffee Pot Rocks.—If the coffee pot rocks on the stove, it is a sign of a visitor.

A Broom in your Path.—If a broom falls in your path, a stranger is coming.

ABOUT FIRES AND LIGHTS.

Three Candles in One Room.—Three candles burning in one room forebode a marriage.

Sparks Fly from Fire.—When the sparks fly out of the fire, a maiden may expect a call from her sweetheart.

Fire Lighting.—If anyone succeeds in making a fire burn well the first time a light is put to it, it is an infallible sign that this person will make a good husband or wife as the case may be.

Fire Blazes Suddenly.—If you are thinking of anyone, and the fire suddenly blazes, it is a sure sign that the compliment is returned.

When Matches go out.—Ordinarily the persistent "going out" of matches is said to be a sign of disappointment.

Lighted Lamp in Right Hand.—Always hold a lighted lamp in your right hand or you will be unlucky.

If Worried or Homesick.—If you are homesick or worried over anything you will be relieved by putting a handful of salt into the fire.

A Circle of Sparks.—If there are many sparks round a candle that form a circle it betokens triumph over enemies.

When Lamp Goes Out.—If you light a lamp and start to carry it somewhere and it goes out, it is a sign you will be disappointed.

If Candle Flashes.—Blow out a candle and make a wish. If the reddened and smouldering wick flashes up before going out you will get your wish.

Spark in Candle.—A bright spark in the candle predicts the arrival of a letter.

Shaking the Candle.—If the spark drops on the first shake, it indicates that the letter has already been posted.

Two Persons with Lights.—If two persons accidentally step into the same room, each bearing a light of some kind, one or the other is likely to marry ere the year is at an end.

HINTS ABOUT THE HOUSEHOLD.

Losing Key.—If you should lose your door key when away from home it is a sign you are wanted at home.

Water on Door Sill.—Water poured in the door sill is an omen of prosperity.

The Wish Bone.—If a young lady puts a wish bone over the door, the first man who enters will be her husband.

Door Blown Open.—If your door blows open it is a sign of a pleasant surprise.

(Continued on page 21.)

PILES (Hæmorrhoids), CAUSE AND CURE

Hæmorrhoids (Piles) are caused by the swelling of the hæmorrhoid veins. Bileans cure piles by correcting the liver, removing any constipation which may exist, and by strengthening the intestines. Mere purgatives sometimes relieve the pain for a day, but cannot cure, since they leave the cause of the trouble—the liver—untouched. Bileans, on the contrary, strike at the root of the evil, and the most stubborn cases yield to their application.



ALL modern science goes to prove that herbal medicines are vastly superior to those containing mineral ingredients. The herbs of the field and the trees of the forest constitute nature's "medicine chest"; and the highest benefit which science can confer on man is the discovery of nature's medicinal balms

and essences, and their preparation in form suitable for use by the people.

Bileans for Biliousness—the great Australian cure for indigestion, headache, debility, liver trouble, etc.—are purely vegetable.

They are entirely different and superior to ordinary liver and stomach medicines. It is well known that liver medicines hitherto in use mostly contain bismuth, mercury and other harmful mineral products, and rely upon these ingredients for their temporary effects. These mineral constituents are very injurious if taken for long, and produce such effects as that of loosening the teeth, causing the hair to fall out, etc. **Bileans** are entirely superior. They are compounded from extracts and juices of the finest known medicinal plants. In taking them there is no fear whatever of any harmful secondary effects. They cure that which they are taken to cure, and do not leave behind them evils worse than the original ones. They do not merely purge and weaken, like the old-fashioned medicines, or do the work which the liver and stomach should do. They tone up and enable these organs to fulfil their proper functions, so that when a cure is effected and **Bileans** are left off, the organs remain strong and healthy. Users of **Bileans** need therefore never fear their use will lead to the contracting of the terrible "pill-taking" habit.

Have What You Ask For---Don't Buy to Please Somebody Else.

In ordering **Bileans** always get what you want. Don't be put off with anything else. Mrs. Geo. Cook, of Brisbane, (Ont.), says:—"I think **Bileans** are the best thing I ever took for liver troubles. When my supply was done I went to Erin and at the store I called at they were out of **Bileans**, and persuaded me to take some other pills. **Bileans**, however, are far the best thing I ever struck. I recommend them to all who need a liver and stomach remedy." Money spent in inferior preparations when it would have bought the best is money wasted.

Bad Breath and Foul Taste in Mouth.

To awaken each morning with a foul taste in the mouth and bad breath is not comfortable. Constipation and a disordered stomach are the chief causes of this. **Bileans**, by their gentle action on the bowels, and liver, do all that is required in this respect, and when they are taken, foul breath cannot continue.

Signs and Omens.

A Ringing Bell.—If a spiral door-bell hung in the hall is rung by the wind, or from any other cause than by a person, a wedding is sure to come, and the strokes or tinkling of the bell denote the number of weeks before it will take place.

Leaving Door Open.—A person who never shuts a door is said will never own a house.

Door won't Close.—If a door has to be pushed twice before it closes, another person will soon come through the door.

A Dropped Key.—It is bad luck to drop a key from its lock; it means a misunderstanding with someone.

Hat on Indoors.—If a stranger removes his hat before entering your door he brings good luck; if not, he brings bad news.

Not Answering Bells.—If the door bell rings and you should not answer it, you will lose a friend.

First entering by Back Door.—To enter a house for the first time by the back door will bring misfortune.

READ IN THE CUP.

Tea Leaves Round Spoon.—If the tea-leaves gather about a spoon held in the middle of the cup it is a sign you will very soon be married.

Coffee Grounds.—The coffee-cup is also an oracle. If the grounds remaining in the bottom form themselves into a circle, it is a sign of a wedding.

OTHER SIGNS.

Blind Rolls Askew.—It is a sign of disappointment for a window blind to roll up askew.

Clock Striking Midnight.—A wish, if made while the clock is striking twelve on "Good Friday" night, will come true.

Thirteen Unlucky.—The late Sir Frank Lockwood shared the popular belief that thirteen is an unlucky number, and once excused himself from presiding at the Thirteen Club banquet.

Tree from Old Home.—It will bring good luck to a new home if the head of the family takes with him from the old home some slip or root of a tree.

UXBRIDGE MAN CURED OF PILES.

TRIED DOZENS OF REMEDIES IN VAIN, BUT BILEANS DID WHAT THEY HAD ALL FAILED TO DO.

Mr. C. S. Goodrich, G.T.R. ticket agent at Uxbridge, writes:—"I have had bleeding piles for about twelve years. Some three months ago I got a sample of Bileans and tried them. I then got a supply and continued with them. After taking a box of them the bleeding stopped and by the time I had taken another half box I was completely cured. I have not been bothered with piles since and I honestly believe—in fact I am quite sure that it was Bileans that cured me. Before using Bileans I had tried dozens of other remedies but without the desired effect."

BILEANS RENEW THE BLOOD.

A disordered liver is the primary cause of impure blood, for the liver is the filter-bed of the whole system. If the liver is not working properly it is not able to perform its functions, among the chief of which is the purification of the blood.

The eyes become dull, and the whole appearance dirty and greasy. The pores of the skin are obstructed, and give rise to pimples, boils, blotches, itchings, blackheads, carbuncles, scrofula, watery vesicles, and in cases of long-standing the more exaggerated forms of skin disease, such as erysipelas, eczema, tumors, and ulcers. Impure blood also affects the nerves, and induces neuralgia, lumbago, sciatica, and many other painful disorders.

Bileans have a wonderful effect in keeping the blood pure. They act on the sources of the blood supply, the organs of digestion and assimilation, and so invigorate them as to send a tide of rich red blood through the veins and arteries, building up worn-out tissues, expelling all impurities, and bringing the hue of health to pale cheeks.

BILEANS IN BRITISH COLUMBIA

HUSBAND CURED OF KIDNEY TROUBLE AND WIFE OF HEADACHE.

NOT only for ailments of every day occurrence but for chronic disorders of years' standing Bileans prove successful. The following letter from British Columbia well illustrates this. It was written by Mr. B. Haines of Shortreed, who says:—"My wife and I have been taking Bileans for some time. They cured me of kidney trouble and my wife of sick headache. I had had kidney trouble for twenty years, but am now entirely cured. Please find enclosed \$2.50 for which send me six boxes of Bileans, as I believe they are a good thing to have in the house."

BILIOUSNESS AND LIVER CHILL CURED.

Mrs. Alma Laverack, of Bishopgate, Wakefield, says:—"Four days after my last confinement I caught a chill, which settled on the liver, and for weeks I lay in bed utterly prostrated. I was reduced to skin and bone, and had not strength to sit up. I couldn't lift my head, and I suffered fearfully from headache and pains in the chest and shoulders, as well as in the sides and loins.

"After five weeks in bed I managed to get up with great effort, but I was so weak that

I was unable to stand and was so dizzy the walls of the room seemed to be turning round. My face at that time was of a greenish yellow color, with deep dark rings round the eyes. I was indeed quite shattered with the liver chill, biliousness and constipation, from which no medicine gave me any relief. I was under one doctor twelve months and another for three months. I felt heartbroken to think that I was unable to nurse my

baby, and that, in addition to having to pay for medicines and doctors I was also obliged to pay for help in the attending to the housework. I was tormented with attacks of nausea and retching, without being able to bring anything up, although the straining to do so used to greatly exhaust me, and made me perspire all over. All my friends thought I was hopelessly gone in consumption and I was as yellow as bees-wax. The headaches continued unceasingly, and then I began to have attacks of ague and trembling fits.

"My tongue was thickly coated, my eyesight was dim, and I always woke in the morning with a bitter taste in my mouth. This was my state when a neighbor advised me to try Bileans, saying they had cured both herself and husband of liver complaint and constipation. I got a supply and to my delight I found they soon began to do

me good. I persevered with them and within a few months I was quite restored to health. I owe my wonderful recovery entirely to Bileans, and I shall never again be without a supply as long as I live. I bless the day I heard of them, and I can heartily recommend them to everyone suffering as I did."

Mrs. Laverack's father and mother were present at the interview and strongly confirmed what their daughter said as to the benefits she derived from Bileans.



What is the Most Important Organ in Your Body?

A CHAPTER OF INTEREST TO ALL.

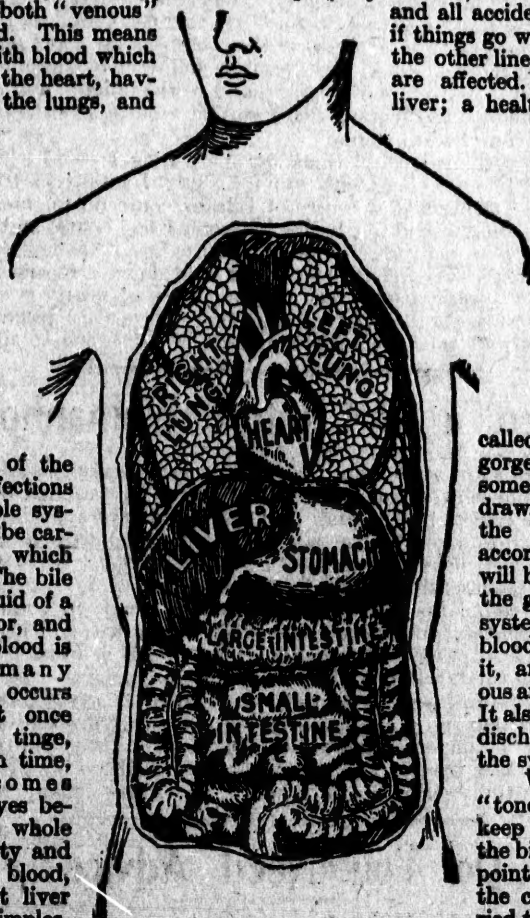
THE liver is the largest gland and the most important organ in the body. When in a healthy condition it secretes bile and a substance called glycogen. Unlike any other gland in the body, it is supplied with what scientists call both "venous" and "arterial" blood. This means that it is supplied with blood which comes straight from the heart, having been purified in the lungs, and blood which has coursed through some parts of the body, and has been made thereby impure. Blood which has passed through the stomach, intestines, pancreas, and spleen is distributed throughout the liver, and is then carried back to the heart. It is easy to see, therefore, that disorders of the liver may cause affections throughout the whole system. The bile may be carried on in the blood, which is often the case. The bile is a coarse, greasy fluid of a yellowish green color, and its presence in the blood is made manifest in many ways. When this occurs the complexion at once assumes a yellowish tinge, which increases with time, and eventually becomes quite dark. The eyes become dull, and the whole appearance quite dirty and greasy. Impure blood, caused by imperfect liver action, gives rise to pimples, boils, blotches, itchings, watery vesicles, and in cases of long standing the more exaggerated forms of skin disease, such as erysipelas, eczema, tumors, piles, ulcers, sores, etc. When liver action becomes imperfect it not only causes skin diseases, but is directly responsible for indigestion, constipation, biliousness, headache, foul breath, coated

tongue, dizziness, and a host of other ailments. The liver is to the body what an important junction is on a railway; if all goes smoothly at the junction, branch trains are properly worked, the main line kept clear, and all accidents are avoided; but if things go wrong at the junction, the other lines connected therewith are affected. So it is with the liver; a healthy liver means good

health, but in 99 cases out of 100 a deranged liver is responsible for bad health and general disorder of the whole system. The liver contains about one-third of the entire blood of the body. When liver congestion occurs—or liver complaint, as it is frequently

called—the liver is not only gorged with blood, but some of the blood is withdrawn from other parts of the body, which suffer accordingly. From this it will be seen that the liver is the great filter-bed of the system, for it strains the blood which passes through it, and filters out poisonous and harmful substances. It also strains out bile and discharges part of it from the system.

When the liver loses "tone" and is unable to keep pace with its work, the bile, as has already been pointed out, passes on in the circulation, and is carried to all parts of the system, filling them with impurities. The poison thus affects parts far away from the liver, but right there is the cause of the evil. Purify the disordered liver and perfect health will assuredly follow. Notwithstanding the seriousness of chronic liver ailments, Bileans will be found an undoubted specific if the directions are closely followed.



Lady Clerks and Stenographers Benefit from Bileans.

The trying work of lady clerks, (whether in store or office), stenographers, etc., often results in temporary derangements of the system which if not speedily attended to develop into serious ailments. Miss A. Campbell, of Peckham, says:—

"Three years ago I was engaged as lady clerk in the office of a city firm, and had to be at my work by 8.30 every morning. One morning I awoke with a violent headache, a thing almost unknown to me previously. Unfortunately the headache had come to stay and after a week of it I was glad to go to a doctor. He told me I was run down, and must leave my work for a while and rest. For the next three months my head scarcely ceased aching. Then there came a nasty sickness in the morning, followed by dizziness, and, occasionally fainting during the day. With loss of appetite and restless nights and pains in the left side, I was worn out. I attended the Woman's Hospital for months after having advice from three doctors. Yet I went from bad to worse.

"After trying everything I could think of, everything I could get, and doctor's medicines and hospital treatment so long with so poor result, I adopted a friend's advice; I gave up everything else and tried what a course of Bileans could do for me. I got a small box first. By the time it was finished my headache seemed less acute, and the pain in my side was decidedly better. So I went for a large box, and before I was half way through this one, the pain was almost gone, and I could keep light food down. I persevered and before the third box was finished I was indeed a new woman, for after nearly two years' suffering the fainting, headache, dizziness and loss of appetite had all gone. I recommend suffering girls to try Bileans as I did, for they are without exception a blessing to all."

When a Girl Enters Womanhood.

THE development of a girl at the time when she is just emerging from girlhood and passing into the fuller life of womanhood should be carefully watched by all mothers.

This is a very critical period, and the future welfare of a woman often depends upon it. A healthy life, with as much time as possible spent in the open air and in congenial pursuits should be lived; but, notwithstanding all such care, many little ailments arise at this period which should be carefully watched for and attended to.

Very often a girl complains that her clothes weigh her down. She becomes weak, has a feeling of weight at the stomach after meals suffers from frequent headaches, and is often restless and miserable. At other times she has a sensation of depression for which she cannot account, and a low and tired feeling. All these symptoms mean that her vitality has reached a low ebb, that some natural tonic is required to re-tone the system and increase the vigor and energy. This can only be done by enriching and purifying the blood; and the surest method of doing this is by undergoing a course of Bileans. These will remove present weaknesses and prevent further trouble. A happy, healthy girlhood will be the result, and the future will be without the weariness and ill-health to which so many women are subject.

Do You Need Advice?

If you are ailing and are in doubt after reading the foregoing cases as to whether or not Bileans would be suitable for your case, do not hesitate to write the proprietors. Your letter will be treated confidentially and you will be told candidly and truthfully whether Bileans have been known to cure a case similar to your own.

In availing yourself of this offer of free advice, state whether Mr., Mrs. or Miss, married or single, and give full name and address. State your case plainly as you would to any physician, you consulted, giving any information which would help the reader to form a satisfactory conclusion as to your ailment. Address your letter to Advice Department, Bilean Co., Colborne St., Toronto.

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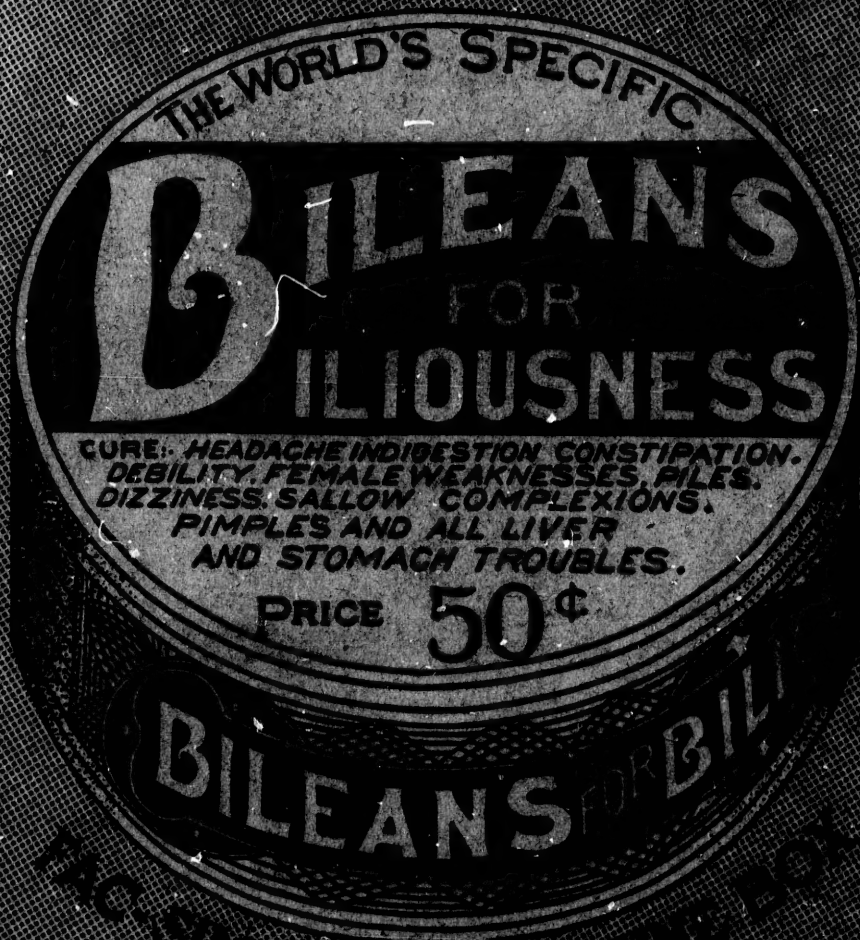
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